



# Weimarer Fröhjahrs-OL, TRL/LM Mittel-OL

Weimar / 24.03.2018

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Nowotny, Jürgen

□□: OLV Weimar

□□□: 35:59

□□□□: 9:28 min/km

□□: 3.80 km / 14 □□

□□□□:

H45 (Herren ab 45)

□□□□□: 5(of 12)

□□□□□□: 28:18

□□: 7:41

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (54)	3:15	4	0:43	28.3	3:15	4	0:43	28.3
2 (56)	2:10	5	0:17	15.0	5:25	5	0:48	17.3
3 (57)	1:47	4	0:28	35.4	7:12	4	0:39	9.9
4 (41)	1:18	4	0:22	39.3	8:30	4	1:01	13.6
5 (42)	0:46	11	0:27	142.1	9:16	5	1:25	18.1
6 (58)	4:08	8	1:30	57.0	13:24	5	2:55	27.8
7 (39)	2:04	5	0:22	21.6	15:28	5	3:17	27.0
8 (60)	2:30	5	0:45	42.9	17:58	5	4:02	29.0
9 (37)	1:34	5	0:20	27.0	19:32	5	4:16	28.0
10 (36)	2:20	8	0:48	52.2	21:52	5	4:55	29.0
11 (61)	3:55	7	0:53	29.1	25:47	5	5:47	28.9
12 (50)	4:49	6	1:11	32.6	30:36	5	6:28	26.8
13 (64)	3:03	9	1:09	60.5	33:39	5	7:33	28.9
14 (100)	1:50	4	0:28	34.2	35:29	5	7:42	27.7
□□	0:30	4	0:06	25.0	35:59	5	7:41	27.2